

First Aid Kit

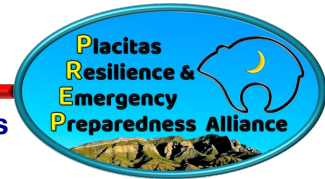
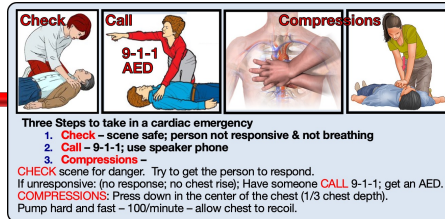
What can **YOU** do ?

Before

- Have a good First Aid Kit
- Bleeding Control Kit
- Know first aid & CPR & Stop-the-Bleed

During

- ☐ Recognize symptoms
- ☐ Dial 9-1-1
- ☐ First Aid & CPR & Stop-the-Bleed



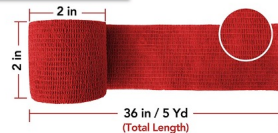
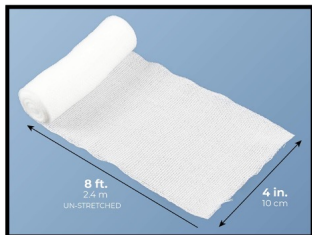
First Aid Kit Essentials

- ☐ First aid manual
- ☐ Adhesive tape & Duct tape
- ☐ Self-adhering bandage wrap
- ☐ Sterile adhesive bandages in assorted sizes
- ☐ Safety pins (assorted sizes)
- ☐ Cleansing agents (isopropyl alcohol, hydrogen peroxide, soap//germicide)
- ☐ Sterile saline for irrigation, flushing
- ☐ Triple antibiotic ointment
- ☐ Non-latex exam gloves (2 pair)
- ☐ 2-inch and 4-inch sterile gauze pads (4-6 each size)
- ☐ Triangular bandages (3)
- ☐ 2-inch & 3-inch sterile roller bandages (3 rolls each)
- ☐ Cotton balls
- ☐ Scissors (or trauma shears)
- ☐ Tweezers & Needle
- ☐ Thermometer
- ☐ Breathing barrier, pocket mask
- ☐ Tongue depressor blades (2)
- ☐ BZK antiseptic wipes
- ☐ Antiseptic
- ☐ Petroleum jelly or other lubricant
- ☐ Hydrocortisone cream (1%)
- ☐ Sting & bite relief wipes
- ☐ Sunscreen
- ☐ Ibuprofen, 200mg; Acetaminophen, 325mg
- ☐ Diphenhydramine, 25mg (Benadryl)
- ☐ Aspirin – low dose, 81mg

Contents of Bleeding Control Kit

Contents:

- 2 pr Nitrile Gloves
- 1 x CAT Tourniquet (gen 7)
- 2 x Emergency Trauma Dressings
- 6 x Gauze Rolls (4")
- 4 x 4x4 Gauze pads
- 2 x Survival Blankets
- 1 x Trauma Shears
- 2 x Coban Rolls (2")
- 6 x 1" x 3.5" band-aids
- 1 x Permanent Marker
- 1 x Instruction Card/Guide
- 1 x Pouch



Maybe a Pulse Oximeter too